



M.S. in Stress and Health Management

The neuroscience of
stress and the promotion
of human health

A GLANCE

The M.S. in Stress and Health Management has been designed by Professor George Chrousos, one of the world's leading experts in the science of stress. According to Professor Chrousos, students in the program "acquire holistic knowledge of how stress functions and skills in dealing with it to foster good health". He notes that the program "helps students understand how stress affects psycho-somatic health and how it can be managed".





The Program at a Glance

Duration
1 ½ years full-time

Language
English

Courses
9 + Thesis

Delivery Mode
Onsite or Online

Strengths of the Program

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| Expert Design | The MSSHM has been designed by Professor George P. Chrousos, one of the world's leading experts in the biology and in the medicine of stress. |
| World-Class Faculty | You'll be taught by an exceptional team of biomedical scientists and expert practitioners in clinical psychology, nutrition, psychotherapy, and stress management. Many of the faculty have served as senior health policy analysts, scientific advisors to governments, and executive officers in hospitals, corporations, and foundations. |
| Holistic Education | You'll be encouraged to develop and express yourself as both a scholar and a professional practitioner. You'll build strong skills in designing, conducting, and communicating the findings of your research. At the same time, you'll learn techniques and methods to tackle stress that you can immediately implement in your practice. |
| Balance of Theory and Hands-On Learning | The program gives equal weight to theory and practical learning. Courses are taught through an engaging mix of lectures, hands-on workshops, case-based learning, problem sets, and scientific presentations. |
| Option for Online Attendance | All the onsite courses are taught in specially equipped classrooms and videocast live. So, if you live or work outside Athens, you can attend the entire program or just selected courses via our online learning and collaboration platform. |

Financial Aid & Scholarships

Hellenic American University admits students on the basis of academic promise and not on their ability to pay.

We provide guaranteed scholarship aid to students with demonstrated financial need.

More than 90% of our incoming students received some sort of financial assistance in the 2023-24 academic year.

For more information on our financial aid program, contact our Admissions Office.

Admission Requirements

Minimum requirements for admission to the MSSHM program are:

- An undergraduate degree from an accredited college or university with at least a B (3.0) grade point average;
- For those applicants whose native language is not English, the University requires evidence of proficiency in English;
- A personal essay, submitted as part of the application form;
- An interview with a member of the Admissions Committee



Overview of the M.S. in Stress and Health Management

The MSSHM is a 30-credit graduate degree program. It consists of 8 required courses, one elective course (chosen from three options), and a research-based thesis.

Master of Science in Stress and Health Management



The interdisciplinary curriculum includes courses in the biology and medicine of stress, statistics and research design, counseling, and evidence-based stress management, from both a neuroscientific and a psychological viewpoint.

These are the required core courses:

- Principles of Complexity, Homeostasis and Stress
- Biology and Psycho-Neuroendocrinology of Stress
- Research Design and Evaluation
- Statistics and Hypothesis Testing
- Health Promotion Principles and Practice
- The Role of Stress in Health and Disease
- Stress Manifestations over the Life Course
- Evidence-Based Stress Management
- Thesis

In addition, you choose one of the following courses as your elective:

- Foundations of Counselling
- Leadership and Organizational Behavior
- Project Management

Certificate in Stress Management

A certificate option is also available for individuals who do not wish to do the full degree program.

The Certificate in Stress Management requires the completion of the following four courses:

- Principles of Complexity, Homeostasis and Stress
- Biology and Psycho-Neuroendocrinology of Stress
- Health Promotion Principles and Practice
- The Role of Stress in Health and Disease

What Students and Graduates Are Saying About the Program




I embarked on the Master of Science in Stress and Health Management program with the aim of understanding and preventing burnout. I soon discovered there is much more to learn. Halfway through the program, I understand how my perspective has been expanded. I now recognize the broader implications of stress and the need for comprehensive approaches to promote well-being. Guided by exceptional teachers and alongside a diverse cohort of passionate students, this journey has begun to equip me with the skills to make a significant impact in stress management.

I wholeheartedly recommend this program to anyone seeking to drive positive change in their personal life, workplaces, and communities.

Mohand Bouhadouf, MSSHM student

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A program for anyone whose work involves helping people

The M.S. in Stress and Health Management aims to bring together students from diverse backgrounds—from teachers and mental health counselors to social workers and dietitians. The HR professional who needs to empower a team to better manage workplace stress and improve productivity. The coach who wants to help athletes build positive coping mechanisms to handle competitive stress. The physical therapist interested in expanding the range of therapeutic tools for managing pain.

The structure and content of the program has been designed to use this diversity of expertise and prior education to create a stimulating learning environment for all participants.

We encourage applications from:

- Psychologists, mental health counselors, and life coaches
- HR professionals
- Teachers
- Physicians and nurses
- Nutritionists
- Coaches, fitness trainers, and wellness consultants
- Physical therapists
- Social workers
- Anyone interested in pursuing research or further studies in stress and health management.

Who will teach you

Eighty-five percent of the faculty come from the biomedical sciences, while the rest of them come from fields such as clinical psychology, nutrition, psychotherapy and management. They include (in alphabetical order):

- **Dr. Aristidis Charonis**, collaborating investigator at the University Research Institute for Maternal and Child Health and Precision Medicine.
- **Professor George Chrousos**, Member of the Academy of Athens, Professor Emeritus of Pediatrics and Endocrinology, Director of the Research Institute for Maternal and Child Health and Precision Medicine, and head of the unit on Clinical and Translational Research in Endocrinology at the National and Kapodistrian University of Athens School of Medicine.
- **Dr. Evi Hatzianeou**, Senior Director, Health Policy and Market Access.
- **Dr. George Paltoglou**, pediatric endocrinologist.
- **Dr. Anna Papageorgiou**, nutritionist in the Department of Childhood Obesity at Mitera Hospital.
- **Dr. Harikleia Stefanaki**, pediatrician and post-doctoral researcher at the National and Kapodistrian University of Athens Medical School.
- **Dr. Effie Tsilibary**, Associate Professor of Neuroscience at the University of Minnesota Medical School.
- **Dr. Liza Varvogli**, psychologist and psychotherapist.




Massalias 22, 10680 Athens, Greece

Tel: +30 210 3680950

info@haec.gr • www.haec.gr

 www.facebook.com/HellenicAmericanCollege

 <https://www.instagram.com/haecgr/>

 <https://gr.linkedin.com/company/hellenic-american-college>





436 Amherst St.


Nashua, New Hampshire 03063, USA

Tel.: +1 603 577 8700

info@hauniv.edu • www.hauniv.edu

 <https://www.facebook.com/HellenicAmericanUniversity>

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Hellenic American College has signed a cooperation agreement with Hellenic American University (New Hampshire, USA) that enables the College to offer the University's undergraduate and graduate degree programs at its facilities in Athens. Upon successful completion of their studies and the fulfillment of all degree requirements as specified in the relevant University Catalog, participants in these degree programs are granted a degree directly from Hellenic American University.



Hellenic American University is accredited by the New England Commission of Higher Education (NECHE).

Hellenic American University's degree programs are regulated, approved, and regularly monitored by the New Hampshire Department of Education, Division of Higher Education – Higher Education Commission.

Hellenic American College and Hellenic American University do not discriminate on the basis of race, color, national and ethnic origin, gender, sexual orientation, age, religion, physical disability, or veteran status in the administration of their educational policies, admissions policies, scholarship and loan programs, and athletic or other school-administered programs.